

The Nanapee Express

E. J. POLLARD,
EDITOR AND PROPRIETOR.

PUBLISHED EVERY FRIDAY.

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A short time ago we were free from the charge of being "un-American." Is that still the case? If so, give it if required.W. G. WISBON,
BARRISTER,
Solicitor, Notary Public, Lawyer, Esq.
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To expand office second story avails
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(Limited),
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Schools—Book-keeping, Shorthand, Civil Service
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H. E. METCALF, Principal.

REPRESENTATIVE WANTED

at once for
NAPANEE
and District for

CANADA'S GREATEST NEEDS.

Spring 1915 planting list is now
ready.

Specialized list of hardy CANADIAN

GROWN FRUIT and Ornamental Stock,

including MINTON'S RED APPLE,

BERRY, and many other leaders.

New Illustrated Catalogue sent on
Start now at best selling time
Local proposition.

STONE OF WELLINGTON,

The Fostell Nurseries

(Established 1881)

TORONTO, ONT.

PATENTS

TRADE MARKS
CONFIDENTIALS.A service rendering a distinct and
practical service to inventors.Inventors can now get their
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A Standard Illustrated Weekly, giving
all the latest news in science and
technology.

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Better Look Now

If you have decided to take a
vacation in Canada, now is the time to
book your tickets.You will get a more
comfortable and
cheaper vacation by
going to Canada than
anywhere else.We are pleased to offer you
the services of our travel
agents.Spencer & Rose,
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TILE.

Full stock of drain tile
from 2 1/2 to 8 inch, also
chimney brick—Nap-

ane Brick Yard.

WE ARE SELLING

Silent pianos, Oliver pianos,
Lily Cream separators, and other Ag-ricultural Implements. We have the
best piano made. Call and see us.

SPENCER & ROSE,

West Side Market.

SATURDAY.

Shipments are indignant over the
new railway rates.

The new maximum temperature in To-

ronto on Friday was 90 degrees.

Some slight abatements are bet-

ter seen.

French pianos have written to us
asking that Sunday, Aug. 4th, be ob-

served as a day of public prayer for

the French.

Children Grey

FOR FLETCHER'S

CASTORIA

CET IT AT

WALLACE'S

J. CHENEY & CO., Toledo, O.

NEWS TOPICS OF WEEK

Important Events Which
Occurred During the Week.The Busy World's Happenings Care-
fully Compiled and Put Into
Handy and Attractive Shape for
the Readers of Our Paper — A
Solid Hour's Entertainment.

WEDNESDAY.

The Society of Friends of Rural
Leadership is started at Guelph.
A delegation of prominent men
comes to the Canadian Cabinet, Ottawa,
to-day.The Canada Food Board ordered
the Great Confectionery, Calgary, to
cease making candy forthwith.Capt. G. L. Morrison, 1st Lt., 3rd
Battalion, return home from Ger-
many.President has, by proclamation, as-
signed to him the power to make
a decree to that effect.R. M. Dennison, K.C., Winni-
peg, has been appointed judge of
the Provincial Court.Category "E" men are appearing
abroad again, and the ban on their
disallowal will be re-examined.Soaking rains throughout Man-
itoba have materially benefited field and garden
crops.The heights north of Grand Rosy
are now in Allied hands, and the
Oureq River made another deep dash
in the German line. Numerous pris-
oners were taken, and the front was
driven back about 1,500 yards to the west
of the Grand Rosy, which was also

broken through by the Allies.

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The Allies pushed forward on
Fere-Tardes yesterday morning and
reached the village with the capture
of Point 400, south of Fere-Tardes.Dominion Police have rounded
up all the wounded soldiers who
were given an outing at Jackson's
Point by the Sportmen's Patriotic
League.A serious outbreak of typhoid has
occurred at Berlin, and 100 cases have
been listed. The list is very large.An explosion at the Royal Canadian
Mint has caused a great deal of
alarm.Officers of the Dominion Police
have rounded up all the wounded
soldiers who were given an outing at
Jackson's Point by the Sportmen's Patriotic
League.David Kenny, who had been in the
army for 15 years, died in a hospital in
Toronto, twenty-eight years, died in
Kingston General Hospital, on his
way home from France.The Germans have made some
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5 FRIDAYS 5

F R I D A Y S

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Prologue

Humanity keeps up an amazing variety of customs, some side-splitting, carelessness, and others which are just the kind you know, in unusual situations involving the most extreme circumstances, and a rapidly increasing number of them are of interest to the reader's interest perspective. This week we have a kind of story which is when you run on the stage.

5 FRIDAYS 5

Fast Ashes.

"We eat too much," stated Lucifer definitely while we were having tea on the front porch.

"We certainly do," I asserted idly.

"We don't give our digestive apparatus enough time."

"Why not?" I rashed to my doom. I was having my two weeks' vacation and I had nothing else to do but spend it on the island to keep anything about an argument.

"I think we fast for a week."

A suggestion like that put me in a nice fix. I don't mind stating that at that time I was about six pounds of extra weight because I had lost so fortably in love with Lucifer, but too old and set in the complacent self-satisfaction of a man who has been destined to be a Romeo. The idea of fasting gave me a sinking suspicion right where there was the most room to sink.

"What?" I ejaculated, forgetting for the moment that I had a reputation for ready repartee.

"I said, 'Why not fast for a week?' I read an article by Lipton S. Clair about the benefits of a diet which claims that fasting thoroughly relieves the system, gets rid of all toxins and increases the mental efficiency 50 per cent."

She picked up a magazine which was propped open face down and read the page she had just taken from it.

"Listen to this," she continued. "Fasting three days a week is a simple habit. It is good for health and strength."

They demand to be fed every few days, or else they starve. That sounds like the thinking of a thinker, doesn't it?"

"It sounds more like the reasoning of a thinker than of an enter-

prise. Lucifer reproved my flippancy. "I think it would do all good."

"I am not so sure now," I called her attention to an obvious fact.

She dismissed my objection. "You can't be healthy unless you fast for a



The Chair Collapsed Immediately After I Did.

week at least once a year. Lipton S. Clair says so. Mother, you'll try it when you get home."

"Try what?"

"Fasting for a week." Her mother's eyes were bright as she had decided nothing more momentous than a question as to whether she preferred cream or coffee. She had been seen as an experiment statistic for so many years that nothing surprised her.

I sat up causally and tried to sit down, but Lucifer stopped me. "Don't you think it will be lovely, Monday?"

I collapsed into a chair, which collapsed immediately after I did. She had called me by my first name. Yes, Lucifer had a way of doing that which sounds like several names, but it is only my first. That first name thing made me feel like a child again. I sat there on the porch surrounded by birds singing and other parts of a chair a terrible sight on my being held between my heart and lungs. Possibly my mind was stunned by my fall, although I have no recollection of hitting my

peeling bacon and eggs, muffins and coffee.

"I feel better already," Lucifer said gaily as we left the table. "My mind is clear and I have a great desire to eat, but I refrained from eating food."

I knew that she was quoting Lipton S. Clair, whom I was to see the next day, and I refrained from what I call "generalizing from specificities," or the case of a man who will help women to get even more out of him than they can think up by themselves.

I took a cigar from my pocket, cut off the stem, and lit it. Lucifer had given me the previous Christmas and was about to light it when she stopped me.

"What's the matter?" I asked.

"I'm afraid you'll be surprised. Didn't I forget to tell you that while we are fasting we have to give up all stimulants and narcotics, and all alcohol because?"

"What's the matter? You're getting weak," I replied roughly.

"I'm not," Lucifer said firmly.

The chief cause of poor health is overeating of the bowels. Waste products of the body are excreted through the intestines rapidly every day, it is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated is poisoning himself. We know now that *Auto-intoxication* is the non-action of the bowels.

Auto-intoxication is disease of the Stomach and Bladder.

It is caused by the accumulation of acids, salts, and other waste products.

It is a disease of the Liver.

It is a disease of the Bowels.

It is a disease of the Skin.

It is a disease of the Heart.

It is a disease of the Brain.

It is a disease of the Nerves.

It is a disease of the Muscles.

It is a disease of the Bones.

It is a disease of the Blood.

It is a disease of the Lungs.

It is a disease of the Kidneys.

It is a disease of the Bladder.

It is a disease of the Uterus.

It is a disease of the Ovaries.

It is a disease of the Pancreas.

It is a disease of the Liver.

It is a disease of the Gall-bladder.

It is a disease of the Heart.

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It is a disease of the Gall-bladder.

It is a disease of the Heart.

It is a disease of the Brain.

It is a disease of the Nerves.

It is a disease of the Muscles.

It is a disease of the Bones.

It is a disease of the Blood.

It is a disease of the Lungs.

It is a disease of the Kidneys.

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A few days ago we received a letter from Mr. W. H. D. Smith, President of the N.E.B., at the home of the Misses Lee, Bridge street, at which a copy of the N.E.B. was sent.

Mr. W. A. McLean, Deputy Minister of Highways, met a number of Canadian soldiers at the Canadian Camp Napanee on Tuesday to arrange matters in connection with the taking over of the York road by the French.

The entrance road was as published recently in the Express, and all P.S. pupils were successful, four of them being the first to pass. The results in the paper were not shown in what school scholars belonged.

From T.A.F.A. the news came that the York road had been taken over by the French.

As a result of the capture of the town of Valenciennes, Toronto, was captured at Napanee and brought to the York road. It is now in the care of Major-General Macmillan with whom he is staying at Camp Mohawk. He is a teamster at Camp Mohawk. The culprits were in the employ of the imperial German Government and demanded, and taken to Belleville jail.

At a recent meeting of the Town Council it was decided to make by-law for regulating traffic on the York road.

Motors and drivers of other vehicles will do well to secure a copy of this Bill and to familiarize themselves with its contents. One thousand copies will be had from Chief of Police Barron. These copies will be ready for distribution on Saturday.

Every Satisfied Customer

Has brought another to our OPTICAL DEPARTMENT. It has always been our aim to bring out the best work possible.

If you need glasses the best is what you want; and by having your eyes examined by C. E. SMITH, the true condition of your eyesight will be revealed.

Our Prices are Reasonable for the Quality of our Spectacles.

Smith's Jewelry Store

Established 1890.

Canadian National Exhibition

Aug. 26 TORONTO Sept. 7

360,000 admissions sold first day of advance sales. Come with the crowds to the greatest Exposition in the 40 years' history of the C.N.E.

The Heroes of Britain

A production of tremendous force and beauty, with 1200 participants. All the personal participation of the actors in the making. Inspiring, dramatic... a spectacle every Canadian should see.

MOVEMENT - LIFE SPLENDOR

A patriotic thrill in every scene

Giant livestock and agricultural displays - Government exhibits - demonstrations of vocational training by 50 crippled farmers and 100 blind participants. All the personal participation of the actors in the making. Inspiring, dramatic... a spectacle every Canadian should see.

Price of admission is 25 cents unchanged

Consult your local agent regarding railroad fares

Your Soldier boy in camp or at sea; from you to him to make his heart light and to help keep tight the home ties... your photograph.

There's a photographer in your town.

THE COOKE STUDIO

Next to Napanee Post Office.

FARM BUILDINGS

are one of the clearest signs of the prosperity prevailing in any agricultural district.

A close observer driving along a country road and watching buildings. Feeding the state of cultivation, can read the owner's character better than a book.

An old building like an old coat can be patched and the old proverb, "A stitch in time" applies to buildings as well as clothes.

YOUR PROSPERITY

depends on ALL YOUR BUILDINGS being kept in the best possible state of repair so all their contents will be preserved in first-class condition. A leaky roof, a rotten floor, and a cold pig pen or poultry house is a direct aid to the Rainer.

No matter what your needs in connection with old or new buildings, or building material, I can help you to solve them.

I can let you have plans, specifications, bills of materials and Estimates of cost for Alterations or New Buildings. Call, phone or write.

I will buy dry oak or maple in any thickness.

W. D. MIDMER,

Lumber and Building Supplies.

Mill and East Streets, NAPANEE, ONT.
Phone, Office 14, Residence 123.

Successors to Dafoe & Waller.

4511

East End Barber Shop

Everything made first class work
done in a clean and sanitary way. Give me a call.

J. N. OSMOND.

S.O.S.

The medals for soldiers of the soil for the country have been left at the Dominion Temperance Hall, 100 King Street, and by him will be given to any of the members of the hall who comply with the conditions.

REMOVED

I have removed my grocery store from the Blewett block across the street to 100 King Street.

'Phone 236 G. BOYES.

NOTICE

For fraternal Watch Keeping, at reasonable prices, go to MEL TAYLOR's depot, 100 King Street, Napanee, formerly of Smith Bros. Also a stock of hardware, paint, glassware and cut glass always in stock. Next door to Henry's Bookstore.

Hogs and Cattle Wanted

Will ship on Saturday, Aug. 3. Will pay \$15.00 per head and if any, for weight, add 10¢ per pound. Bank closed at 1 p.m.

J. W. HAMILTON,
G. H. WILLIAMS.

Wanted Hogs, Calves and Fat Cattle

Wanted, Monday, August 12th, and it will pay farmers to keep their hogs for this date. Hogs are advanced 10¢ per head per week for next week, \$15.75 or \$20.00 extra. Callers from 8 to 10 a.m.

Telephone 236. FRED WILSON.

SUGAR CONSERVATION IMPERATIVE

There will be no sugar from Java available this year for British consumption, according to a wireless message from the Cuban Consul. The Cuban crop is 300,000 tons less than estimated. Conservation of sugar is imperative upon every household.

Newspaper Shop.

We wish to inform the public that we have a new newspaper in connection with the Gray Dog Garage.

and are prepared to reprint on all subjects. We also have a full tank of gasoline, oil and a full stock of parts. Repair service. Prices right.

CHAMBERS & HOSEY,
'Phone 2301. 51-t

CAN ALL YOU CAN.

It would be a thousand pities to produce vegetables or fruit in the West Garden appeal and then have them rot on the shelves. So use so that quantities would be used so that no waste would occur.

All surplus vegetables overripe, dried, dried and stored away, for they will follow a season of food and all the world will be short of food.

Prudication.

Sunday, the fourth day of August, 1918, will be the fourth anniversary of the entry of Canada into the war. This occasion calls for fitting recognition of the services of the men in the Canadian Army. Hence the following proclamation to be issued believing it should on that day affirm their belief in the righteousness of the cause for which they have fought and died. Ask that they be remembered in the righteously of the cause for which they have fought and died.

It is hoped that all interested in the work for the Belgians can and will be present at the annual meeting of the Belgian Relief Committee of last month's collection, and wish to thank the many donors, who in the face of some difficulty, continued to contribute to the Belgians, and continue to collect for them, valued work for the cause of the unfortunate and deserves the highest commendation.

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